



City of Gaithersburg Press Release

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For Immediate Release

Gaithersburg Receives Flu Fighter Award for Health Initiatives

Gaithersburg, MD (April 2, 2019). For the eighth consecutive year, the City of Gaithersburg received a Flu Fighter Award from Adventist HealthCare and its workplace wellness division, LifeWork Strategies. The award, presented at the annual LifeWork Connections luncheon on March 21, 2019, recognizes local employers for their efforts to prevent the spread of influenza. Human Resources Program Coordinator Adam Newhart accepted the award on behalf of the City.

“You are part of an esteemed group of employers who are working hard to keep your employees and community healthy,” said Nicole D’Uva, Interim Director of LifeWork Strategies in a letter of congratulations. “We appreciate the steps that your organization has taken to help stop the spread of flu in your workplace and in our community.”

As part of its Wellness Day activities in September of 2018, the City of Gaithersburg offered free flu shots to all City employees and their immediate family members; 191 were administered. The City provides other wellness activities and benefits to qualifying employees throughout the year, including a GFit reimbursement program for health and fitness-related activities, free membership to the City’s fitness center, discounted fees for recreation classes, health screenings and resource information at Wellness Day, and regular health tips offered through its insurance carrier.

Additionally, Gaithersburg’s Wellness@Work Team, made up representatives from a number of City departments, is promoting healthier lifestyles through diet and exercise programs, contests that encourage health assessments and annual physicals, and fun challenges to keep wellness front of mind.

For more information on Gaithersburg’s wellness programs please contact the Department of Human Resources at 301-258-6327.

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